

# *Dips, Sauces & Dressings*



**Original Yoghurt**

# Blue Cheese Dressing



## ***Ingredients***

- *1/2 cup Freanna Plain Yoghurt*
- *1/2 cup mayonnaise*
- *1 tbs white wine vinegar*
- *1/2 tsp kosher salt*
- *1/4 tsp granulated sugar*
- *1/2 cup crumbled blue cheese*
- *Dash Worcestershire sauce (optional)*

## **Directions**

1. In a small mixing bowl, stir together the yoghurt and mayonnaise until smooth.
2. Mix in the vinegar, salt, and sugar, and season well with freshly ground black pepper.
3. Stir in the blue cheese and Worcestershire sauce (if using).
4. Refrigerate until ready to serve.



# Fish Taco Sauce



## Directions

1. Mix yoghurt, mayonnaise, sour cream, red pepper, lime juice, cilantro, salt and pepper in a small bowl.

2. Fill tortillas with fish. Top with sauce, cabbage and tomatoes.

## Ingredients

- *1/2 cup Freanna Plain Yoghurt*
- *1 tbs. mayonnaise*
- *3 tbs. light sour cream*
- *1/4 tsp. ground red pepper*
- *1/2 lime, juiced*
- *1/4 cup chopped fresh cilantro*
- *1/2 tsp. salt*
- *1/4 tsp. black pepper*

# Easy Veggie Dip



## Directions

1. Mix all ingredients.
2. Chill.
3. Serve with raw veggies.

## Ingredients

- 8 oz. *Freanna Plain Yoghurt*
- 8 oz. *light mayonnaise*
- 1 tbs. *parsley flakes*
- 1 tbs. *onion powder*
- 1 tsp. *dill weed*
- 1 tsp. *Lawry's seasoned salt*



# Honey Orange Salad Dressing



## *Ingredients*

- 1 3/4 C Freanna Plain Yoghurt
- 1/4 cup honey
- 1/8 cup orange juice concentrate, thawed
- 1/8 cup fresh lemon juice
- 3/4 tsp orange rind, grated
- 1/2 tsp vanilla extract
- 1/4 tsp ginger, grated

## **Directions**

1. Combine all ingredients.
2. Place in a non-metallic container in the refrigerator. Can be stored for two days.
3. Serve one (1) ounce portions over fresh fruit in salads, or over pound cake.

# Creamy, Lemon Dill Dip

## *Ingredients*

- *3/4 C Freanna Plain Yoghurt*
- *4 oz cream cheese*
- *1 tsp. lemon juice*
- *1 clove garlic, pressed or minced*
- *1/2 tsp. onion, finely-chopped*
- *1 tsp. dill weed*
- *1/2 tsp. salt*



## **Directions**

1. Blend yoghurt and cream cheese in mixing bowl until smooth. This yoghurt/cheese ratio makes for a good consistency for dipping anything.
2. Add lemon juice, garlic, onion and salt.
3. Mix well and taste; you should taste a trace of lemon. Add a bit more if you like. There should be only a hint of the garlic and onion, and none of the salt; they are there to enhance, not bury the lemon-dill flavor.
4. Add the dill weed, and mix well. Start with the teaspoon and add to your dip.
5. Cover and chill for at least a couple of hours before serving.

# Tzatziki



## *Ingredients*

- 1-1/4 cup Freanna Plain Yoghurt
- 2 cups large cucumbers, peeled and seeded
- 1-2 garlic cloves
- 1 tsp. lemon juice
- 1 tbs. dry dill
- 1 tsp. olive oil
- dashes of salt & pepper

## **Directions**

1. Line a sieve with double thickness of dampened cheese cloth.
2. Spoon in yoghurt and set the sieve over a bowl.
3. Refrigerate for 2-3 hours or until yoghurt is about half its volume, nicely thick and creamy.
4. Shred or cut cucumber into julienne strips.
5. Place in a colander over a bowl.
6. Sprinkle generously with salt.
7. Mix well and let drain for at least 30 minutes to one hour.
8. Rinse and gently pat between paper toweling.
9. Using a fork, press the garlic into a bowl, mashing it with a little bit of salt.
10. Add the thickened yoghurt, cucumber, lemon juice, pepper, dill and olive oil.
11. Mix well. Can be refrigerated up to 2 days.

# Easy, Delicious Fruit Dip



## Directions

1. Fold pudding mix into yoghurt.
2. Add cinnamon and nutmeg.
3. Let chill one hour
4. Sprinkle top with cinnamon to serve

## Ingredients

- 3 cups Freanna Plain Yoghurt
- 1 pkg instant vanilla pudding
- 1 tsp. cinnamon, nutmeg (pinch, to taste)